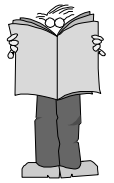








SELF CARE

Idea List for MARCH

(NUTRITION MONTH)



- ☐ Take a supermarket tour and learn how to select lowcost, healthy foods.
- ☐ Start your day right by eating breakfast. 
- ☐ How are you doing with those New Years' resolutions? Regroup or modify if necessary.
- ☐ If you're in need of help, contact a friend or coworker and contract to encourage or work together to follow thru on those wellness goals.
- ☐ Learn and practice one new stress reduction method. 
- ☐ Take a healthy look at your children's snack items. Buy veggies (precut), fruits, low-fat whole grain crackers, pretzels, dried fruit, low-fat graham crackers, mozzarella cheese sticks, fruit juices, chocolate milk, and low-fat microwave popcorn. 
- ☐ To reduce your risk of sports-related injuries, warm up and stretch your muscles before you exercise. 
- ☐ Pack sunscreen where you'll be skiing or outside for extended times during the winter. You're more likely to get a bad sunburn during winter.